

|               | Hétfő<br>12.08                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>12.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Szerda<br>12.10                                                                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>12.11                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Péntek<br>12.12                                                                                                                                                                                                                                                                                                                                           | Szombat<br>12.13                                                                                                                                                                                                                                                                                                                                                                                                                    | Vasárnap<br>12.14 |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>Ebéd</b>   | <b>Palócgulyás (1;3;7;12;)</b><br><br>EN:327.8kcal ZS:15.1g TZS:5.9g<br>SZH:24.6g CK:7.2g FH:20.6g SÓ:0.6g<br>CA:144.0mg<br><b>Piskóta kocka (1;3;)</b><br><br>EN:408.8kcal ZS:7.0g TZS:1.3g<br>SZH:27.3g CK:32.8g FH:12.0g<br><br><b>Csokipuding (7;)</b><br><br>EN:102.0kcal ZS:2.3g TZS:1.5g<br>SZH:15.4g CK:13.5g FH:5.0g SÓ:0.2g<br>CA:180.0mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g<br><br><b>Alma</b><br><br>EN:52.5kcal ZS:0.6g SZH:10.5g<br>FH:0.6g | <b>Erőleves</b><br><br>EN:130.7kcal ZS:8.7g TZS:1.2g<br>SZH:7.3g CK:3.2g FH:5.3g SÓ:0.3g<br><br><b>Levesbetét tészta (1;)</b><br><br>EN:60.0kcal ZS:2.9g TZS:0.3g<br>SZH:7.2g CK:0.4g FH:1.3g SÓ:0.1g<br><br><b>Főtt tojás (3;)</b><br><br>EN:63.0kcal ZS:4.5g TZS:1.4g<br>FH:5.4g<br><br><b>Sóskafőzelék (1;7;12;)</b><br><br>EN:195.0kcal ZS:5.2g TZS:2.2g<br>SZH:27.0g CK:4.9g FH:5.7g SÓ:1.2g<br>CA:20.0mg<br><b>Főtt burgonya 1/2 (12;)</b><br><br>EN:183.8kcal ZS:7.6g TZS:0.8g<br>SZH:23.0g FH:3.1g SÓ:0.2g | <b>Zöldborsóleves (1;3;)</b><br><br>EN:187.8kcal ZS:7.9g TZS:1.1g<br>SZH:18.6g CK:0.0g FH:8.2g SÓ:0.4g<br>CA:0.0mg<br><b>Sertés paprikás (1;7;)</b><br><br>EN:228.3kcal ZS:13.6g TZS:3.5g<br>SZH:7.2g CK:0.5g FH:17.8g SÓ:0.4g<br>CA:18.0mg<br><b>Bulgur köret (1;)</b><br><br>EN:418.3kcal ZS:9.4g TZS:0.8g<br>SZH:70.0g CK:10.0g FH:13.0g<br>SÓ:0.3g<br><b>Csalamádé (10;)</b><br><br>EN:24.0kcal ZS:0.1g SZH:4.6g<br>CK:2.2g FH:0.6g SÓ:1.0g | <b>Magyaros zöldségleves (3;9;)</b><br><br>EN:29.0kcal ZS:0.1g TZS:0.0g<br>SZH:5.7g CK:0.0g FH:1.1g SÓ:0.7g<br>CA:0.0mg<br><b>Füstölt főtt tarja</b><br><br>EN:104.4kcal ZS:8.0g TZS:3.2g<br>SZH:0.5g CK:0.2g FH:7.6g SÓ:1.6g<br><br><b>Fejtett babfőzelék (1;7;)</b><br><br>EN:303.8kcal ZS:13.9g TZS:4.8g<br>SZH:32.3g CK:3.1g FH:11.1g SÓ:0.4g<br>CA:60.0mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g        | <b>Zabgaluska leves (1;3;)</b><br><br>EN:133.8kcal ZS:1.9g TZS:0.5g<br>SZH:23.5g CK:3.3g FH:5.1g SÓ:0.4g<br>CA:0.0mg<br><b>Temesvári sertésragu (7;)</b><br><br>EN:272.9kcal ZS:17.8g TZS:6.2g<br>SZH:7.0g CK:2.5g FH:19.0g SÓ:0.4g<br>CA:60.0mg<br><b>Kuszkusz köret (1;)</b><br><br>EN:361.5kcal ZS:9.0g TZS:1.1g<br>SZH:58.3g CK:2.4g FH:10.6g SÓ:0.2g | <b>Paradicsomleves (1;)</b><br><br>EN:188.4kcal ZS:7.0g TZS:0.8g<br>SZH:21.2g CK:11.8g FH:3.9g SÓ:0.2g<br><br><b>Panírozott csirkemell (1;)</b><br><br>EN:241.8kcal ZS:13.6g TZS:1.5g<br>SZH:18.0g CK:0.7g FH:11.7g SÓ:1.4g<br><br><b>Petrezselymes rizs</b><br><br>EN:404.3kcal ZS:6.7g TZS:0.8g<br>SZH:77.5g CK:0.0g FH:9.3g SÓ:0.3g<br><br><b>Csalamádé (10;)</b><br><br>EN:24.0kcal ZS:0.1g SZH:4.6g<br>CK:2.2g FH:0.6g SÓ:1.0g |                   |
| <b>Ebéd B</b> | <b>Hamis palócleves (1;12;)</b><br><br>EN:157.7kcal ZS:5.5g TZS:0.6g<br>SZH:23.2g CK:2.3g FH:2.3g SÓ:0.8g<br><br><b>Piskóta kocka (1;3;)</b><br><br>EN:408.8kcal ZS:7.0g TZS:1.3g<br>SZH:27.3g CK:32.8g FH:12.0g<br><br><b>Csokipuding (7;)</b><br><br>EN:102.0kcal ZS:2.3g TZS:1.5g<br>SZH:15.4g CK:13.5g FH:5.0g SÓ:0.2g<br>CA:180.0mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g                                                                               | <b>Erőleves</b><br><br>EN:130.7kcal ZS:8.7g TZS:1.2g<br>SZH:7.3g CK:3.2g FH:5.3g SÓ:0.3g<br><br><b>Levesbetét tészta (1;)</b><br><br>EN:60.0kcal ZS:2.9g TZS:0.3g<br>SZH:7.2g CK:0.4g FH:1.3g SÓ:0.1g<br><br><b>Főtt tojás (3;)</b><br><br>EN:63.0kcal ZS:4.5g TZS:1.4g<br>FH:5.4g<br><br><b>Sóskafőzelék (1;7;12;)</b><br><br>EN:195.0kcal ZS:5.2g TZS:2.2g<br>SZH:27.0g CK:4.9g FH:5.7g SÓ:1.2g<br>CA:20.0mg<br><b>Főtt burgonya 1/2 (12;)</b><br><br>EN:183.8kcal ZS:7.6g TZS:0.8g<br>SZH:23.0g FH:3.1g SÓ:0.2g | <b>Zöldborsóleves (1;3;)</b><br><br>EN:187.8kcal ZS:7.9g TZS:1.1g<br>SZH:18.6g CK:0.0g FH:8.2g SÓ:0.4g<br>CA:0.0mg<br><b>Vadas zöldségragu (1;7;9;10;)</b><br><br>EN:280.7kcal ZS:13.9g TZS:4.0g<br>SZH:16.6g CK:5.2g FH:21.2g SÓ:0.3g<br>CA:24.3mg<br><b>Bulgur köret (1;)</b><br><br>EN:418.3kcal ZS:9.4g TZS:0.8g<br>SZH:70.0g CK:10.0g FH:13.0g<br>SÓ:0.3g                                                                                  | <b>Magyaros zöldségleves (3;9;)</b><br><br>EN:29.0kcal ZS:0.1g TZS:0.0g<br>SZH:5.7g CK:0.0g FH:1.1g SÓ:0.7g<br>CA:0.0mg<br><b>Roston tofu (6;)</b><br><br>EN:143.7kcal ZS:11.3g TZS:1.7g<br>SZH:1.4g CK:0.1g FH:0.7g SÓ:9.0g<br>CA:0.0mg<br><b>Fejtett babfőzelék (1;7;)</b><br><br>EN:303.8kcal ZS:13.9g TZS:4.8g<br>SZH:32.3g CK:3.1g FH:11.1g SÓ:0.4g<br>CA:60.0mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g | <b>Zabgaluska leves (1;3;)</b><br><br>EN:133.8kcal ZS:1.9g TZS:0.5g<br>SZH:23.5g CK:3.3g FH:5.1g SÓ:0.4g<br>CA:0.0mg<br><b>Zöldséges halragu (1;4;)</b><br><br>EN:214.2kcal ZS:9.5g TZS:1.6g<br>SZH:16.1g CK:5.2g FH:14.5g SÓ:1.5g<br>CA:0.0mg<br><b>Kuszkusz köret (1;)</b><br><br>EN:361.5kcal ZS:9.0g TZS:1.1g<br>SZH:58.3g CK:2.4g FH:10.6g SÓ:0.2g   | <b>Paradicsomleves (1;)</b><br><br>EN:188.4kcal ZS:7.0g TZS:0.8g<br>SZH:21.2g CK:11.8g FH:3.9g SÓ:0.2g<br><br><b>Rántott gomba (1;3;6;7;)</b><br><br>EN:309.8kcal ZS:26.3g TZS:3.1g<br>SZH:10.6g CK:0.8g FH:4.3g SÓ:0.7g<br><br><b>Petrezselymes rizs</b><br><br>EN:404.3kcal ZS:6.7g TZS:0.8g<br>SZH:77.5g CK:0.0g FH:9.3g SÓ:0.3g<br><br><b>Csalamádé (10;)</b><br><br>EN:24.0kcal ZS:0.1g SZH:4.6g<br>CK:2.2g FH:0.6g SÓ:1.0g    |                   |